

## Adult Basketball League Rules

**Game Length:** Games will consist of 2-20 minute halves, with a running clock up until 2 minutes, then the clock will stop on dead balls. There will be a 3 minute halftime. Teams will be allowed two timeouts per half (60 seconds in length). A point spread of 20 or more will allow the clock to continue running. Also, a one-hour time limit will be observed to ensure that all games are played on time. If Overtime, there will be a three minute running clock stopped the last minute, if a game should be tied at the end of regulation. There will be 2 officials on the court for each game.

**Fouls:** The rules will be the same as defined in the IHSAA basketball rules book. For general fouls the ball will be taken out of bounds until the 7<sup>th</sup> team foul occurs. After the 7<sup>th</sup> team foul, the team will be placed in the bonus and the opposing team will be granted 1 and 1 foul shot opportunity. After the 10<sup>th</sup> team foul, the team will be placed in double bonus and the opposing team will be granted 2 free throws.

**Technical Fouls:** Inappropriate behavior, gestures or profanity will **NOT** be tolerated. The result of any of these inappropriate actions will result in a technical foul. The second technical foul you will be asked to leave the facility for the rest of the day. Fighting will result in immediate ejection from the facility. If you are ejected from the game for either reason, it will result in a mandatory one game suspension in the next game. A player receiving two ejections will result in expulsion from the league.

**Free Throws:** The ball must touch the rim on free-throws before attempting to rebound the ball. There will only be 6 players allowed in the free throw lane. (2 offensive players and 4 defensive players)

**Dunking:** Dunking will be permitted. Players hanging on the rim excessively, if not for safety reasons, will result in a technical foul. A player receiving 3 technical fouls for hanging on the rim throughout the duration of the season will result in ejection from the league.

**Start Time:** Games **WILL** start on time. Teams should be ready to play 10 minutes prior to start time. You may start a game with 4 players. If a team does not have the 4 player minimum the team will forfeit.

**Substitutions:** A substitution must wait to enter at the scorer's table and enter on a dead ball only. All players must wait to be recognized by the official before entering the game.

**Equipment:** The YMCA will provide a ball for each game. Teams must use the ball provided or one that is approved by **both** teams. The YMCA will provide reversible jerseys. Playing "Shirts" and "Skins" is **NOT** permitted.

**Shoes:** Gym shoes worn outside must be changed before playing. All participants must have a change of shoes to play. All shoes must be non-marking athletic shoes.

**Eligibility:** The minimum age of all league participants shall not be under 15 year of age. The roster shall consist of no more than 10 players, and there must be at least 3 adults on the floor at all times. You may add or delete players from your roster until the second to last game of the season. At this point your roster will be final. No new players can be added after this point or into the playoffs. Everyone on the roster must at least play in 1 game in order to play in the tournament. Only the top 8 teams from the regular season will make it into the tournament.

**Alcohol & Tobacco Policy:** The use of alcohol and tobacco products is prohibited. Failure to adhere to these rules will result in a \$50.00 league fine that must be paid before playing the next game. Repeated offenses will result in team fines and possible expulsion from the league.

**YMCA Policy:** We ask all participants enjoy the league, while being mindful that this is a Christian organization. Players and spectators will be expected to adhere to the above rules. Cussing will not be tolerated. If a ref hears the player cuss they will be given a warning. If they hear it a second time, the ref will administer a technical foul. If they hear it a third time, the player will be ejected from the game and may be asked to leave the facility. No call/no show will result in a forfeit. Any more than 1 per season will result in permanent termination from the league.